

Crockpot Lentil Taco “Meat” Filling

Vegetarian

Ingredients

- 1 cup salsa
- 1 cup chopped onion
- 1 garlic clove minced
- 1 tsp canola oil
- 1 cup dry lentils, rinsed
- 1 Tbsp chili powder
- 2 tsp ground cumin
- 1 tsp oregano
- 14 oz. water
- 2 vegetable bouillon cubes (1 if using larger sized)

Preparation

1. Place all ingredients into crockpot and cover. Cook on high for 6-8 hours, stirring occasionally and adding water as needed.
2. Enjoy as you would taco meat in a tortilla with all your favorite toppings!

Yield: 12 servings

per serving: 75 Calories | 1g Fat | 5g Protein | 6g Dietary Fiber | 13g Carbohydrates

